

AUGUST 2010

Prevention

FEEL YOUR BEST!

287 GENIUS WAYS TO

- ✓ Cure Tiredness
- ✓ Blast More Calories
- ✓ Tone Your Legs
- ✓ Grill Up Dinner
- ✓ Fight Frizz
- ✓ Light Up With Happiness

SHOPPER ALERT!

When to Buy ORGANIC

- ◆ 12 foods to go for
- ◆ 15 you can skip

LOOK 10 YEARS
YOUNGER NOW!

15-Min
No Cook
Meals!

.....
Calm
Excess
Worry

.....
FLAT
BELLY
in 7
Days!

*Laura
Linney*

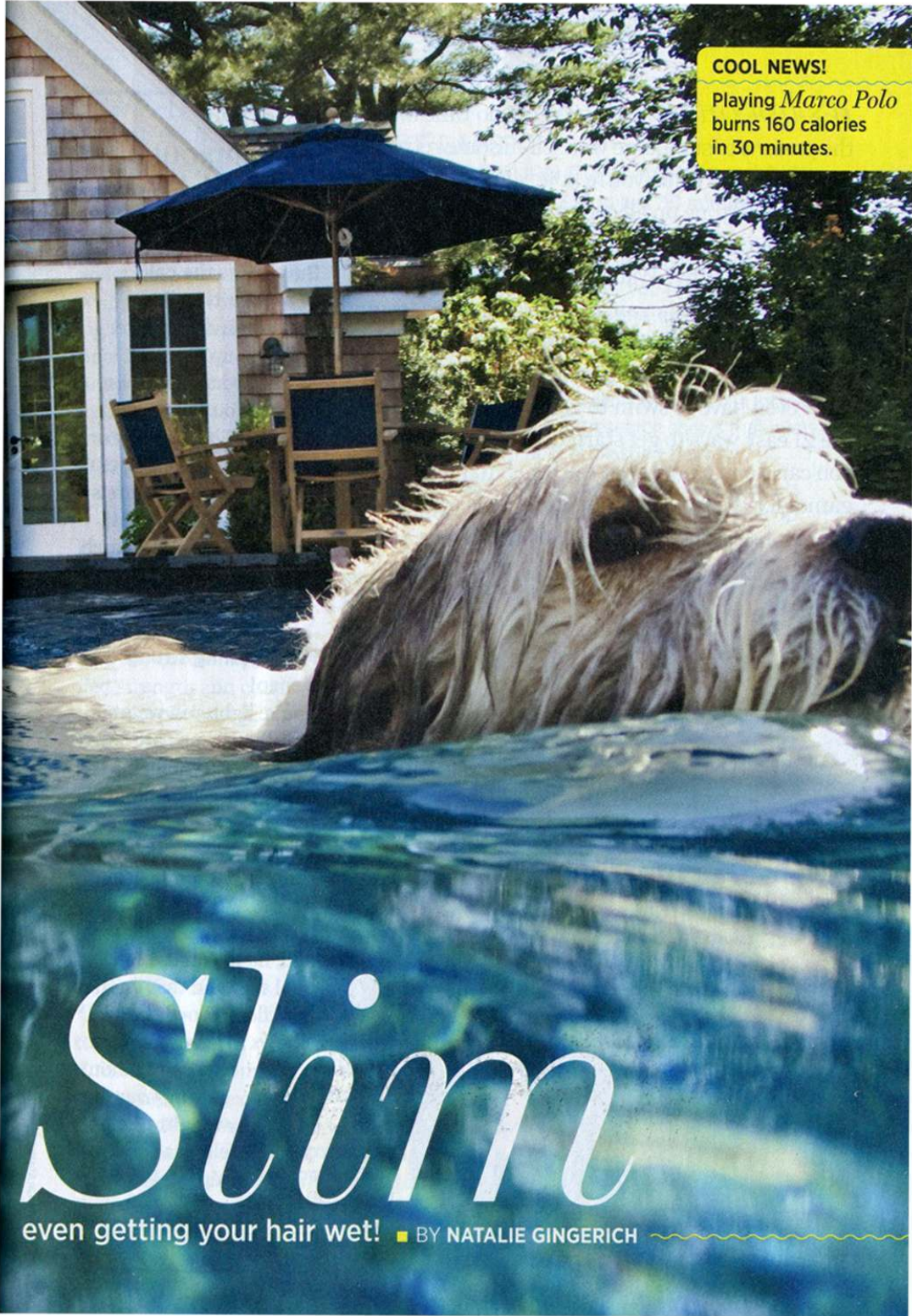
*Why she cares
about cancer
prevention*

Prevention.com



Splash YOURSELF

It doesn't take endless laps or, in some cases,



COOL NEWS!
Playing *Marco Polo*
burns 160 calories
in 30 minutes.

Slim

even getting your hair wet! ■ BY NATALIE GINGERICH

It's hot out there! There's no time like the present to submerge yourself in some refreshing H₂O. And while you're at it, you can burn calories and tone up all over—faster, in fact, than if you exercised in the air-conditioned sanctuary of your gym. Why? Water provides 12 to 15 times more resistance than air. So you can burn as many as 3½ times more calories than if you walked at a moderate pace—and it's more refreshing! You don't even have to swim to get these results. Here are 21 easy ways to get started, from solo moves you can do in a pool or at the beach to high-energy games for the whole family. You'll have more fun, stay cool, and shed pounds in no time.



COOL NEWS!

An hour of *bodysurfing* at the beach burns 200 calories.

If you're hanging out at the pool, try...

Treading Intervals

Burn twice the calories of regular treading

You'll slim down faster and firm up all over. In deep water, tread as hard as you can for 30 seconds. Then go easy or float on your back for 30 seconds. Fit in 30 bursts over your afternoon at the pool and you'll scorch nearly 300 calories.

Step Push-Ups

Make getting strong a snap!

You're lighter in water, so full push-ups are easier while still being a super arm and shoulder toner, says Rob Shapiro, a 16-year veteran personal trainer in Brookline, MA. Start in plank position in the shallow end, hands on the top pool step and toes on the pool floor. Slowly bend elbows to lower as far as you can without getting your face wet. Straighten elbows and repeat. Work up to 2 or 3 slow sets of 15 reps.

Waist-Deep Lunges

Shape thighs without straining your knees

Water makes high-impact jumps joint-friendly. In waist-deep water, lunge with right foot forward, right thigh parallel to pool floor, left knee bent, hands on hips. Quickly jump up, scissor legs, and land with left leg forward. Do 15 to 20 times.

The Blender

Firm legs from every angle

Water workouts provide 360 degrees of resistance, says Jay Cardiello, a certified strength and conditioning specialist in New York City. In waist-deep water, quickly swing right leg forward. Pause, then pull it back against the current to starting position. Next, swing leg to side, then back. Alternate legs for 10 to 15 cycles.

The Helicopter

"Jog" in the water to burn fat fast

This move revs your heart rate to melt more calories, says Mary Sanders, PhD, a spokesperson for the American Council on Exercise and director of WaterFit Wave Aerobics.

LIKE LAPS?

3 WAYS TO BURN EVEN MORE CALORIES
You can blast about 350 in just 30 minutes if you pick up your pace. Here's how:

1. BE A GOAL-GETTER Setting small goals—like doing more laps—motivates you to swim faster and farther. Olympic swimmer Dara Torres sings each lap number to herself to keep track.

2. DO SPRINTS Alternating shorter, faster distances in the pool with 10 to 15 seconds of rest can increase your overall speed. Plus, research shows that interval workouts are best at blasting belly fat.

3. TAKE YOUR TUNES UNDERWATER Exercisers who listen to fast-paced music naturally pick up their pace and rate workouts as feeling easier, despite the increased effort. Waterproof headphones and iPod cases can help.

Squat in waist- to rib cage-deep water, then jump up and "jog" vigorously for a count of 6. Repeat for 1 minute, then rest for 15 seconds. Do 2 more times.

At the beach, try...

Surf Strolling

Blast up to 180% more calories than walking on pavement

The combo of sand and water kicks your lower-body muscles into high gear. Researchers found that walking in thigh-deep waves yields the

biggest burn, but even ankle-deep water will tone your legs.

Wave Jumping

Do squats without realizing it

Head out into waist-deep water, crouch down, and jump over the waves as they come in. Try jumping backward or sideways, or scissoring your legs.

The Ocean Push-and-Pull

Play a balance game to sculpt sexy abs

Simply staying upright as the waves hit works your abs and back to tone your torso. Try balancing on

one foot to work more muscles. Or compete with your pals to see who can remain standing the longest. (Up the ante by facing the beach so the waves surprise you.)

For a day of family fun, try...

Chaos Running

Splash off some calories

On the count of 3, everyone carefully walks or jogs in a zigzag pattern from one end of the pool to the other, then back,

suggests Sanders. The currents created by the erratic directions increase resistance.

Water Circles

Massage your thighs in a do-it-yourself whirlpool

Walk as fast as you can in a circle around a section of the pool that's about 3 feet deep (the more people, the better the effect). Do about 20 laps, then change direction for 10 laps. The resulting rush of water against your body will feel much like the jets in a whirlpool.

A Game of Fetch

Torch 175 calories in just 20 minutes

Throw an inflatable ball to the other side of the pool and see who can retrieve it the fastest. You won't even notice you're doing sprints.

Visiting a Water Park

Boost your butt with a fun stair workout

You may climb more than 800 steps to reach the water slides and walk 5 to 7 miles during a 1-day visit. And the ride down will cool you off.

SMART PICKS AT THE SNACK BAR

You can keep calories in check even if the snack bar is your only dining option. Here are the top winners—and losers—of poolside eating, compliments of the *Eat This, Not That* (Rodale) book series.

IF YOU'RE CRAVING SALT

SNACK ON a soft pretzel with mustard

for only 290 calories.

PASS ON french fries, which pack a whopping 600 calories.

IF YOU WANT SOMETHING SWEET

SNACK ON 10 SweetTarts

for about 50 calories.

PASS ON Dots—11 pieces have 130 calories.

IF YOU'RE THIRSTY

SIP ON unsweetened

iced tea, just 4 calories.

PASS ON cola, which has about 150 calories a can.

IF YOU NEED A REAL MEAL

SNACK ON a hot dog.

Add relish, ketchup, and mustard, and you'll consume only 320 calories.

PASS ON a cheeseburger. One 5-ounce burger has 630 calories.

If there are flotation tools handy, try...

Kickboard Laps

Target your fat-burning leg and butt muscles

You'll easily glide through the water with a kickboard or noodle in hand. Practice different types of kicking: flutter (alternating legs), dolphin (legs together, mermaid style), and breaststroke (frog kicks), suggests Paul Smith, swimming instructor and fitness specialist at Lake Austin Spa Resort in Austin, TX.



COOL NEWS!

See who can make the *biggest cannonball splash* and burn 51 calories in 15 minutes.

Deepwater Jogging

Burn a whopping 750 calories an hour

Hold a noodle or slip on a flotation belt or vest (available at most pools). “Run” as hard as you can for 30 to 60 seconds, bringing knees toward chest and pumping your arms. Do 10 sets, recovering your breath between sprints, suggests exercise physiologist and triathlon coach Ben Greenfield of Spokane, WA.

A Beach Ball Workout

Tone your arms and shoulders—no throwing (or catching) required

Trying to submerge a ball that floats really works your core and upper body. Experiment with different movements to vary the muscles targeted, says Sanders. For example, press a small ball down in front of you with bent arms, then move it to the side and straighten arms.

If you don't want to get your hair wet, try...

Backward Motion

Work more muscles for speedier results
Research shows that water walking or jogging in reverse engages more muscles in your legs and back than going forward (83% more quads, 61%

more lower back, and 47% more calves).

Shuffle Slides

Slim down saddlebags

To tone your inner and outer thighs, shuffle side to side in at least thigh-deep water, says Melissa Layne, an American Council on Exercise spokesperson and a water aerobics instructor for 20 years. Keep movements smooth.

Arm Presses

Firm up as you chat—no one will notice!

Stand in chest-deep water with palms open and fingers spread and move your arms back and forth and up and down. Increase your speed for a greater challenge. ▣